Letters to the editor

Dismay over this elderly 'eviction'

MY wife and I were dismayed by your recent article concerning the plight of the residents at the Tower Mill Place, Polegate, sheltered housing.

For nearly 20 years we have been visiting our friend and, more recently, her friend, both of whom have made their homes there and, apart from the usual problems affecting us elderly, they and their fellow residents have always been contented.

The council's representatives do not seem to understand the fears of older people nor do they realise the terrible affect this has on their health.

These are people, not numbers to be manipulated to achieve some target.

We hope the council will come to its senses and vote against evicting these people.

K Lorentz, Barming Close, Eastbourne.

Who do they think they are kidding?

The "welfare of the residents is our first priority", they say. But who do Wealden District Council officials think they are convincing? Certainly not the residents of Tower Mill Place or the local people! It is now three years that the occupants of Tower Mill Place have been misled into believing refurbishment was to take place. During this period only minimal plumbing and electrical work has been carried out due to the impending building work.

Promised meetings to keep residents informed about the progress of plans never took place until recently, only to be informed the accommodation is 'below standard'. If Tower Mill Place is considered below standard then it is surely poor maintenance management on the council's part!

The residents don't complain, they did not request refurbishment. Wealden District Council may well have other plans for the building or site. It would be desirable to the private sector and could have many alternative uses; ie., nursing home, rest home, private apartments, mother and baby unit – even a half-way house for the homeless. But there is one obstacle they have met with – the residents of Tower Mill Pace; a spirited group of retired gentlefolk who have no wish to move home at their time of life...and why should they?

When a family house needs re-wiring and refurbishing after 30 years you don't demolish the property or sell it on to developers – you get the necessary work done!

The residents are content with their present accommodation so why consider moving them? Residents of Tower Mill Place fight for your right to stay put. Don't let the bureaucrats win! The Human Rights Act springs to mind.

C Rainsley, Bramley Road, Polegate.

Wealden should preserve this superb sheltered housing scheme

Regarding the headline in last week's Herald, "Which building would you preserve?" If Wealden District Council has money to spend on this project, surely it should nominate Tower Mill Place in Polegate sheltered housing scheme? Surely this building comes under the category of social importance? Instead of trying to close Tower Mill down the council should be keeping it open for the elderly people living in there, and also for the elderly people of the future to be able to live there. It really is such a happy, friendly place to live. My mother and her friends all live very happily there and don't want to be scattered all over Wealden.

Mrs R Battles, North Close, Polegate.

A rude shock for
in wake of Humana

198

I AM eighty years old and I have six lovely children and 17 grandchildren. I was not a Catholic when I married, but neither my husband nor I were in favour of birth control (he was not a Catholic either). We believed in God, and the power of prayer and I was a mature worshipper and hated anything that intefered with nature.

My seventh child was a miscarriage, I suffered so much that I could not understand how anyone could do such a thing on purpose.

After my third child I became a Catholic and learnt the guidelines of the Church which I loved and agreed with. But at the time *Humanae vitae* came out I was influenced by the opinions around me and all the arguments. I secretly thought it was a beautiful document saying all the things I believed in, but I thought perhaps science had found a solution for the younger generation, who did not seem to believe in prayers and, I felt, you could not force people to pray — you could not legislate faith. I hoped that the new methods would do away with abortions and illegitimate babies, and I thought they were a good thing and the Pope was old fashioned. But I got a rude shock. When people rejected *Humanae vitae* the world became morally corrupted. People didn't bother to marry anymore, children became a by-product, not the great joy and great tools of married life. Children became expendable — just biological specimens. Abortions multiplied and abounded. Sex was not sacred any more, but a mere animal necessity. No one spoke of God's place in marriage and unspeakable things were done with fetuses and young children. The world had become pagan, so I confessed my error. The Pope was right and everyone else was wrong.

Hilda Martin

Skied for hours

Hi, my name is Viviene. I had a ski accident two years ago and injured my knee. My family loves to ski, and under much duress I went along this past December to Vail.

I dreaded skiing again because of the pain in my left knee. I actually did try a few times and could not wait to get to the bottom because the pain was excruciating. I bumped into a chap who suggested I demo the CADS.

I was amazed that I did not just enjoy the ski but skied for hours. We went to Whistler, Canada, at the end of January. I skied each day, all day, and my knee is actually doing better, as I think the CADS helps keep the knee in proper alignment.

I was asked by so many people on the mountain what CADS were. I really wish that there was more exposure to CADS. I believe it would certainly help many people who want to ski but find it just to painful. A very interesting trip and most enjoyable, thanks to my CADS.

Viviene Moore

Vail Daily 3-8-06

Keeping me on skis

I just became aware that you did an article on CADS. I would like to share my story with you about them. With degeneratively bad knees, I had all but given up on skiing. My husband then said there was an invention called CADS that I should try. We called Walter, and he came over and fitted me with my CADS, and the results were immediate. Today I am still skiing with CADS. As of last year, I use a combination of CADS and an unloader brace until I get my knee replacement in the near future. CADS have made the difference for me now that my "good" knee is also failing. If CADS are able to help me, other women (and men) would benefit from them if you are having knee problems. Thank you to Jenny and Walter for creating something that allows me to ski and also spend time with my family on the slopes!

D.D. Gerdin
Snowmass

M.O.S.T.
Metro Orthopedics & Sports Therapy

Stephen A. Smith, M.D., F.A.C.S.
James E. Gilbert, M.D.
James S. Gardiner, M.D.

11.11.04

Hardwood Mechanic-

This is just a quick letter of thanks to your company for the wonderful job done. It's been quite a while, however, since it was completed.

You refinished our hardwood floors while we were on vacation in Maine. Not only were we impressed with this beautiful, quality work that was done, but every aspect of your business.

From the friendly, prompt estimate, to the professionalism of your receptionist (to whom I made many phone calls), to the trustworthiness of the man in my house while I was 700 miles away, I was satisfied with your company. Im just sorry that it's taken me so long to express our thanks.

The personal touches and accomodations made by Hardwood Mechanic, the friendly, professional service of your staff, and of course, the workmanship of your company will not only make you our choice in the future, but also continue to recommend your business to family and friends. Thanks very much!

Sincerely,
Charles Perella

Metro Plaza • 8401 Colesville Road • Metro Level, Suite 50 • Silver Spring, MD 20910 • (301) 588-7888
19847 Century Boulevard, Suite 205 • Germantown, MD 20874 • (301) 515-0900
Fax • (204) 912-2210

Letters TO THE Editor

Didn't lose me

I read your Feb. 26 article regarding the ski industry losing women's participation in the sport with interest. I was one of those women until I purchased an innovation that significantly extended my physical ability to enjoy the sport.

The apparatus, called CADS, is the invention of Walter Dandy, a resident of Vail. I'm sure you, being an integral part of Vail, are aware of this unusual yet extremely functional invention that allows both men and women to ski with far less stress on their muscles, joints and skeletal structure.

If not, I urge you to visit the Web site at www.cads.com. I'm not involved with the company other than being grateful for CADS extending my skiing career. Without the use of CADS, I would be unable to handle the stress and associated pain on my knees.

If you have not already done so, you might want to contact Walter to learn more about his invention. It certainly would provide an article of interest to your readers, and, most likely, would help negate the loss of participants of our great sport.

Anita Sanctuary

New lease

I just wanted to mention that I, too, approached my late 40s with much less skiing enthusiasm than my husband. We have always skied Vail, since our 20s, but as the years progressed, my knees began to tolerate skiing less and less.

As a physical therapist for over 20 years with bad knees (chondromalacia, onset of osteoarthritis and what we call "joint mice"), I was hesitant to join my husband's all-day skiing glee only to be in misery at night with swollen, painful knees. When my skiing during the day was interfering with my ability to walk to dinner at night down to Sweet Basil or La Tour, I knew I was in deep trouble. Not even severe knee pain was going to stop me eating!

But it would make me take a second thought about donning my skis the next morning. The only thing that saved me, and gave me back my ability to get back on the slopes with my enthusiastic husband, was finding Walter Dandy from Avon and his CADS system. (I think this stands for Constant Force Articulated Dynamic Struts, which is a mouthful.)

CADS are well described at www.cads.org and are available right there in Vail. In fact, this skiing apparatus biomechanically reduces the pressure on the knee joints and transfers the forces down through your boot, simply by skiing. Walter even fit the CADS system to me at Mid-Vail the first day I met him and skied with me to train me how to use the system to my best advantage.

It is my opinion that with a clever and functional system like CADS, many aging or previously injured skiers would be back on the slopes much sooner and more often, whether they are male or female. It was pain and swelling that was keeping me in the village. I have heard of other people having great results being able to ski without their hip or back pain thanks to CADS. They are one of those little- known secrets around town that keep us up there skiing while actually reducing harmful forces and pressure to our aging parts.

Sandy Raskin
Colorado Springs

Keeps me going

I am a 61-year-old woman, and I have been skiing for 30 years. Because of many years of tennis and running as well as skiing, I have osteoarthritis and a loss of cartilage in my knees.

For many years, I considered trying CADS but put it off because of the hassle (not my ego). Three years ago, the pain became excruciating when I would hit bumps of any kind, so I bit the bullet and became an instant CADS enthusiast. The hassle is minimal, and the benefits are huge.

I can ski anything on the mountain again without pain. I still do have swelling and don't ski every day, but when it's a GREAT day, powder or sun, I am out there and able to enjoy the beauty of the mountains. My grandchildren are now skiing, and it is wonderful to be on the mountain with them. For us, skiing has always been a great family sport!

Ann Frein

What's on your mind? Share your insight on problems and solutions with the community that meets in the pages of the Vail Daily.

To the Vail Daily:

6 March 2006

I would like to add my voice to the people who have written in about their positive experience with CADS. I have had 7 knee operations and a hip replacement, and I definitely would not be skiing without them! Once you get over the "dork" factor, they make skiing easier, more fun, and less tiring. Before the hip replacement, I used them in the Back Bowls in bottomless powder, on a week of cat skiing in Canada, and in Alta's demanding conditions. Incidentally, on the Canadian ski trip, there were four of us skiing with CADS. My husband has had a partial knee replacement (we truly could be classified as Bionic), and he won't ski without the CADS. We have both had them for more than three years, and are proof that they work. Call Walter Dandy today at 949-4533, and take a test run with them – you'll see what we mean!

Terie Roubos